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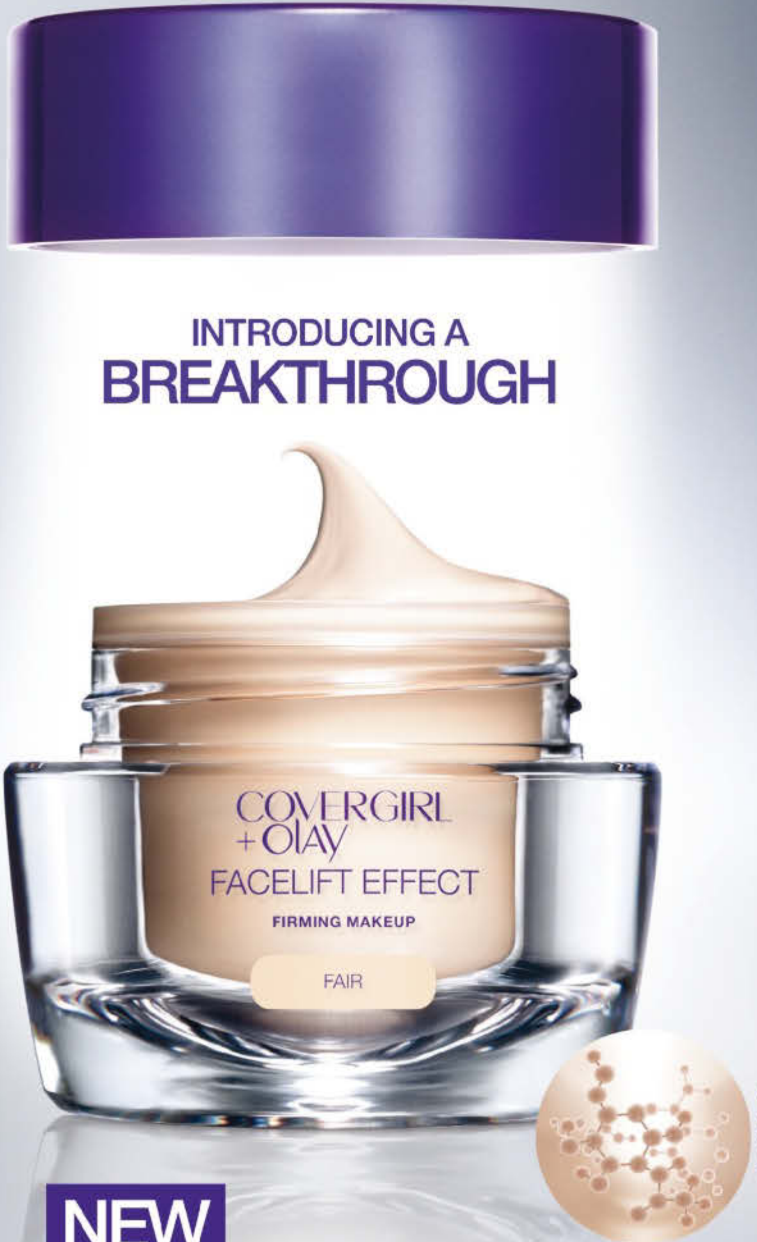
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(DECEMBER)

CONTENTS

COVER STORIES

74 Hilary Rhoda
94 Light & Lean
88 Too Busy?
54 Eat, Drink, Enjoy
84 Time to Shine

94

> *"To be great, you have to be smart. You have to listen to your body and study it."*
>
> —Alvin Ailey dancer Linda Celeste Sims

STYLING, LINDSEY FRUGIER; HAIR, MICHAEL JOHNSON; MAKEUP, JUNKO KIOKA FOR CHANEL; MANICURE, MAKI SAKAMOTO FOR CHANEL LE VERNIS; SET DESIGN, TODD WIGGINS FOR MARY HOWARD STUDIO.

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*Simulated scan, showing signs of subsurface UV damage reduced by up to 27%; typical results after 12 weeks' use.

(DEC) CONTENTS

74

98

84

88

94

FEATURES

67 Unlock the Perfect Gift
Give the gift of inspiration with these 20 thoughtful ideas.

74 American Girl
As athletic as she is gorgeous and driven, Hilary Rhoda is changing the face of the modeling industry.

84 Grab Bags
Add spice to your holiday look with chic clutch-and-mani combos.

94 Light & Lean
Dancer Linda Celeste Sims shares how she stays strong and how to tune in to your own body.

88 The Busy Vortex
Are packed schedules a sign of success, or are we living in overdrive?

98 Better With Butter?
New research suggests a pat can actually be part of a healthy diet.

CLOCKWISE FROM BOTTOM RIGHT: BEN GRIEME. YASU + JUNKO. CATHERINE SERVEL. SEBASTIAN KIM. ANDREW PURCELL.

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(DEC) CONTENTS

SELF STARTER

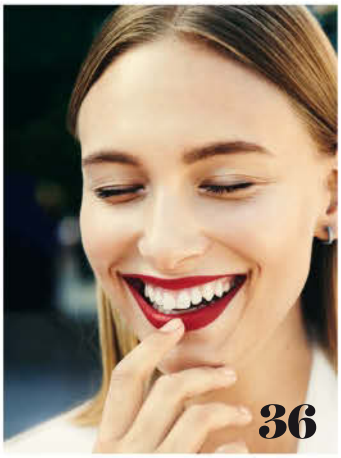
19 Team Up & Tone
Grab a coworker and hit the gym.

20 Active to-Do List
Training tips, dance parties and more

22 Health News
Avoid the office cold.

24 The Annual Debate
Do you really need a yearly pelvic exam?

26 Which Is Better…
The spinach-vs.-kale face-off



36

SELF IMAGE

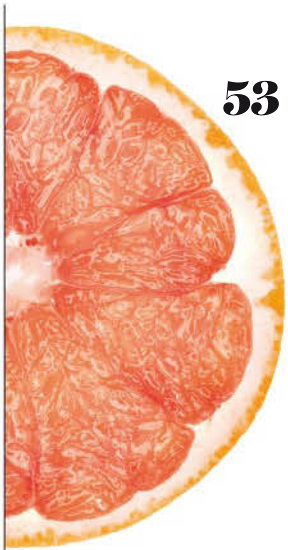
29 Party Mix
Sporty-glam styles are a new take on festive.

32 Up & Out
Christina Tosi's morning routine

34 The Find
Stylish snow boots for any winter forecast

36 Fresh Faced
Steps to keep skin glowing this party season

42 A Sleek Updo
Give your French twist a unique spin.



53

SELF MOTIVATE

45 To the Max
Ultra-cushioned kicks provide extra support.

46 Trainer to Go
Barre moves that strengthen and tone

50 Go-to Gear
Everything you need for a day on the slopes

53 Grapefruit, 3 Ways
Flavorful recipes using the antioxidant-rich fruit

54 Eat, Drink & Enjoy
How to navigate the holiday buffet

32

50

SELF WORTH

57 Many Thanks
A new reason to put pen to paper this month

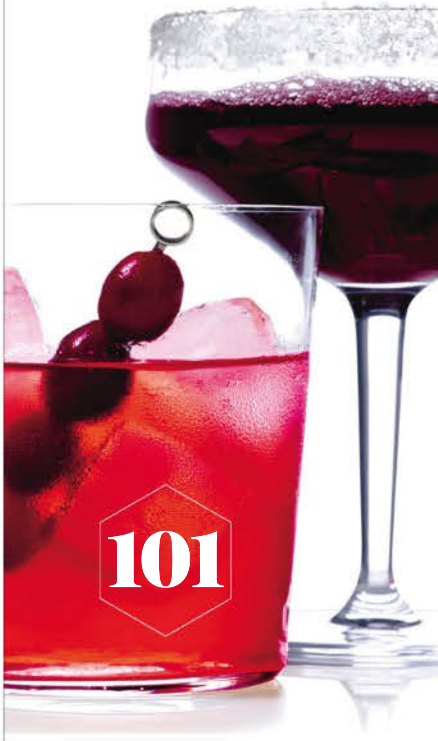
58 Learning Curve
Writer Renee Dale on returning to the place that made her the person she is today

60 Culture Club
The best movies, books, music and TV to match your mood

65 SELF Made
Yoga Foster founder Nicole Cardoza

SELF INDULGE

101 Time to Celebrate!
Throw a holiday party that everyone will be talking about 'til next year.



101

IN EVERY ISSUE

12 Self.com
16 Editor's Letter
107 Get-It Guide
108 Why I…

→ ON THE COVER

SELF
HILARY RHODA
LIGHT & LEAN
TOO BUSY?
EAT DRINK ENJOY
TIME TO SHINE
FRESH HOLIDAY FASHION • BEAUTY IDEAS

Photographed by Sebastian Kim
Fashion director, Melissa Ventosa Martin; hair, Rita Marmor using Kerastase at Streeters; makeup, Maki Hasegawa at The Wall Group for Marc Jacobs Beauty using Genius Gel; manicure, Casey Herman at Kate Ryan for Chanel le Vernis.

CLOTHES Top, Joseph; skirt, Altuzarra; earrings, Purple; belt, David Samuel Menkes Custom Leatherwear; ring, Jessica Biales.

GET THE LOOK Shiseido Natural Eyebrow Pencil in Deep Brown, $20. Nexxus Frizz Defy Frizz Protection Hair Spray, $12.

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PARTY STYLE SPOTLIGHT

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Purple, $78; Dillards .com for stores

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GOT 15 MINUTES? Try our circuit stair workout at **Self.com/go/stairs.**

HEALTHY HOLIDAY COOKIES

We're dishing up cookie recipes by the dozen, and they're all 100 calories or less per serving! Start baking at Self.com/go/cookies.

FIND TIME TO STAY FIT

Sneak in a workout during this busy season: We've got 30 quickie plans—no longer than 30 minutes each—for everything from strength training to intervals. Get going at Self.com/go/30min.

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MY SELF MADE 2014...
In NYC: at our October launch party with ballerina **Misty Copeland**

Misty, in person and larger than life

In L.A.: talking success and balance with (from left) yogi **Caley Alyssa Yavorsky,** Olympic gold medalist **Allyson Felix** and Honest Company entrepreneur **Jessica Alba**

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EDITOR'S LETTER

A VERY GOOD YEAR

At SELF, we encourage you to write your own script. To take charge of your physical well-being and your destiny. To say what you mean, be who you want to be. But when life throws you a curveball, how do you respond? What do you do with an unexpected plot twist? It's in those moments that you learn how to redefine your own sense of what's possible.

2014 has kept me on my toes. Being at SELF has brought me so many opportunities to try new things—each with its own learning curve. This year, some of the most accomplished women in the world have taken time out of their busy schedules to be part of our SELF Made world and share what keeps them going and how they adapt. (See page 65 for this month's installment.) What I've learned from all of them is that it's not about doing a million things at once (though I'm often tempted to try). It's about tuning in to your passion and letting that be your north.

We all get sucked into the Busy Vortex (page 88) sometimes. But this month, of all months, is a time to celebrate the most important things. I hope you'll take a moment to breathe and enjoy the ride you're on. It's a gift. Happy holidays!

Joyce Chang
Editor-in-chief
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Our first SELF Made star: tennis legend **Maria Sharapova**

I'm inspired every day by my colleagues. Here, I'm with my fashion team at the Altuzarra show during Fashion Week.

My new ballet slippers—I take my pliés much more seriously in them!
$120; BalletBeautiful.com

My new routine

Sticking to a workout regimen adds structure to my schedule and helps me de-stress. I don't get to do all these activities every week, but I try—and when I succeed, I feel like I can do anything.

1
DANCE
I alternate between Ballet Beautiful and dance cardio.

2
YOGA
It's the perfect time to listen to your body.

3
TRAINER
My gym agenda: strength work and people watching

4
TENNIS
Playing a game is good for your brain and reflexes.

5
RUNNING
My mission for 2015: Learn to like it!

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TEAM UP & TONE

Colleagues who exercise together work better together. Here's why going to the gym could give new meaning to "happy hour." BY ALEXANDRA ENGLER

You might be used to sweating deadlines with your coworkers, but if you make time to sweat together *outside* the office, you'll really bond—and even help create a better 9 to 5 environment. A study from Oxford University suggests that athletes who worked out with their teammates, rather than individually, had a

TEAM UP > 20

SPORTS BRAS AND PANTS Solow
HEART-RATE WATCH Mio

Photographed by CHRISTIAN HÖGSTEDT

higher endorphin release. Not only is a better postworkout high a positive thing for your mood, but it could also help you build stronger connections with your coworkers, study authors speculate.

These connections are always important, but they become doubly so once you're in your 30s, when job satisfaction tends to dip, a recent study from the *Journal of Occupational Health Psychology* shows. The reason: Coworker support declines as people get married, have kids and take on nonwork responsibilities. Most of us don't have time for the same social and networking activities that we did in our early 20s.

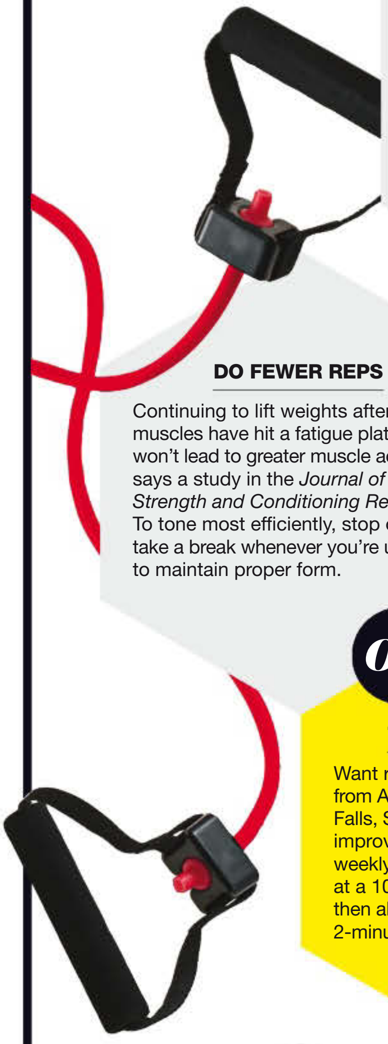
A BETTER POSTWORKOUT HIGH COULD HELP YOU BUILD STRONGER CONNECTIONS WITH YOUR COWORKERS.

"Social support is a key part of job satisfaction," says Hannes Zacher, Ph.D., study coauthor. "Even if you don't like some of your work tasks, office friendships help you feel as though you're working toward a common goal, which makes your job feel more rewarding."

So invite a coworker to join you at a boot camp class, start a lunchtime yoga group or find a 5K you all can train for. You'll reap that elevated endorphin release just by being in it together. Bonus: The coworker buddy system means you'll have someone who understands how sore you are the next day.

ACTIVE TO-DO LIST

Whether you're in the mood to do more or less, this month's ideas give you plenty of options.



READ A NEW CROSSFIT MEMOIR

Venture into the world of CrossFit without leaving your couch via Stephen Madden's *Embrace the Suck: What I Learned at the Box About Hard Work, (Very) Sore Muscles, and Burpees Before Sunrise*. Even if you've never lifted a kettlebell, you'll be fascinated by Madden's view of the challenges and psychology behind the phenomenon.

OR

POWER THROUGH THE BURN

You can train your brain to deal with the awkwardness and aches of a new workout. University of New South Wales researchers found that people reported less pain the longer they stuck with a cycling workout. The brain may adapt to exercise-related discomfort in as few as two to three weeks, they say.

DO FEWER REPS

Continuing to lift weights after your muscles have hit a fatigue plateau won't lead to greater muscle activation, says a study in the *Journal of Strength and Conditioning Research*. To tone most efficiently, stop or take a break whenever you're unable to maintain proper form.

OR

TURN UP THE INCLINE

Want running to feel easier? A study from Avera McKennan Hospital in Sioux Falls, South Dakota, found that athletes improved oxygen efficiency with two weekly interval workouts on a treadmill at a 10 percent incline. Warm up, then alternate 30-second sprints with 2-minute jogs for up to 45 minutes.

SLEEP IN

If you're losing steam during workouts, you may need more shut-eye. In a Stanford University study, athletes' performances improved when they aimed to sleep at least 10 hours a night—but experts say that consistently snoozing even an extra 30 to 60 minutes daily may help you up your fitness game.

OR

GET UP AND DANCE

Make your morning workout a dance party with healthy, rave-inspired meetups like Morning Gloryville and Daybreaker. Wear whatever makes you happy—gym clothes, club outfits or even costumes. Find a meetup near you at DyBrkr.com or MorningGloryville.com.

CLOCKWISE FROM TOP RIGHT: GUZMAN; GETTY IMAGES; JUSTIN STEELE; LUCAS VISSER. PREVIOUS PAGE: STYLING, LINDSEY FRUGIER; HAIR, LAURA DE LEON; MAKEUP, JUNKO KIOKA FOR CHANEL; MANICURES, MAKI SAKAMOTO FOR CHANEL LE VERNIS. SEE GET-IT GUIDE.

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HEALTH NEWS

The latest research, trends and strategies to help you feel your best this month

AVOID THE OFFICE BUG

According to researchers at the University of Arizona, it takes just two to four hours for germs to contaminate up to 60 percent of an office space—and hands are quicker than sneezes when it comes to spreading viruses. The germiest spots? The break room (especially the coffeepot handle and microwave-door button), as well as conference-room tables and fax-machine buttons. To reduce the number of viruses on hands and surfaces by 90 percent (and lower your chances of getting sick), wash your hands or use hand sanitizer three to four times a day, especially after leaving a communal space.

A SURPRISING NEW WAY TO RELAX

If you're having trouble falling asleep or feeling calm, you might want to browse YouTube, which offers more than 3 million bizarre, mesmerizing videos of people whispering, crinkling paper, brushing their hair and more. It may sound strange, but the sounds and repetitive motions can evoke what's known as an autonomous sensory meridian response, a soothing, tingling sensation that can make you feel sleepy and peaceful. While science has yet to prove the phenomenon, Craig Richard, Ph.D., associate professor at Shenandoah University, offers one possible explanation: "The soft sounds may release endorphins, leading to relaxation and sedation."

3

THE NUMBER OF FIVE-MINUTE WALKS IT TAKES TO UNDO THE HARM CAUSED BY THREE HOURS OF CONTINUOUS SITTING, ACCORDING TO A RECENT INDIANA UNIVERSITY STUDY

Healthier holiday candy?

Organic sweets may sound wholesome, since they omit artificial colors and flavors and are sweetened with evaporated cane juice, brown rice sugar or fruit juice. But do these upgrades really matter healthwise? It's a good idea to skip synthetic colors, like red 40 in candy canes, which could trigger an allergic reaction in a small number of people. But "sugar is sugar, no matter what," says Sari Greaves, R.D., of New York City. Since these seasonal favorites only come around once a year, go ahead and enjoy one. Just keep in mind: Most candy canes have about 60 calories each.

THE VERDICT

Do B12 shots really boost energy?

You might think that your friend who swears by B12 shots to stay alert is on to something, but according to doctors from Loyola University Medical Center in Maywood, Illinois, the shots don't really work. That's because B12 is a water-soluble vitamin, meaning you'll flush out any extra, beyond what your body needs. "Too much B12 likely won't harm you, but there's no benefit in taking supplements or getting injections if you don't need to," says Loyola's Jessica Bartfield, M.D. Curious about your B12 levels? You can ask your doctor to test them. In general, you're covered if your diet includes good sources of B12, like eggs, fish, dairy and fortified cereals.

Got a question? Email us at **health@self.com.**

CLOCKWISE FROM TOP LEFT: ACP/TRUNK ARCHIVE. STOCKBYTE/GETTY IMAGES. ANDREW PURCELL; FOOD STYLING, CARRIE PURCELL.

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MOMS TAKE
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doctor's
appointment?

REPORT

THE ANNUAL DEBATE

Should you knock that yearly gynecologist visit off your to-do list? Some doctors now claim it may do more harm than good.

BY MARJORIE KORN

The pelvic exam is an annual rite of dread for women ages 21 and over. It's also been the norm for decades. But should it be? Recently, the American College of Physicians, a national organization, recommended that asymptomatic, nonpregnant women reduce the frequency of their pelvic exams from once a year to...never. That's right—never. Their new guidelines, published in the *Annals of Internal Medicine,* are based on a review of all pelvic-exam studies conducted over the last 70 years. They found that even when doctors detected abnormalities—like ovarian cysts—they were almost always benign and would have gone away on their own. They also found that the potential downsides of yearly exams may outweigh the benefits.

One of those downsides? False positives. For instance, a doctor might detect an ovarian cyst, and that could lead to its removal—which is painful and distressing and carries the risks of any surgery, such as infection—only to find it was harmless. This is a surprisingly common occurrence, argues the ACP, noting that 97 percent of abnormal pelvic examinations in asymptomatic women did not turn up serious issues, like ovarian cancer. "When it comes to preventive health care, the benefits must outweigh the harm," says George Sawaya, M.D., professor of obstetrics, gynecology and reproductive sciences at the University of California San Francisco School of Medicine. Dr. Sawaya sides with the ACP's guidelines. "The ACP was struck by what little evidence there was that pelvic exams offer any benefits," he says.

But not everyone agrees with the new recommendation. The American College of Obstetricians and Gynecologists ardently opposes the proposed change. "Discovering a problem early in a seemingly healthy woman always leads to better outcomes," says Barbara Levy, M.D., vice president for health policy at ACOG. During a routine pelvic exam, your doctor is on the lookout for several things: She feels the uterus and ovaries for abnormalities, visually screens for infections and can perform a Pap smear to test for cervical cancer. "Certain STDs do not have symptoms and can only be identified through this exam," Dr. Levy says. Gynecologists can also initiate conversations about problems that a patient may be too embarrassed to raise, like pain during sex or incontinence, which is common after childbirth. The doctor can then discuss medical options.

So what's the upshot? Until this debate has been resolved, play it safe and keep that annual appointment. ⬢

GETTY IMAGES

SUGAR LIP LEGENDS
SUGAR PETAL fresh
SUGAR TULIP fresh
SUGAR ROSE fresh
SUGAR HONEY fresh
SUGAR PASSION fresh
SUGAR BERRY fresh
SUGAR CHERRY fresh
fresh
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WHICH IS BETTER...

Eating *kale* or *spinach?*

STOCK UP ON SPINACH. Both greens are bursting with vitamins, minerals and antioxidants, and each packs only about 40 calories per cup (cooked). Yet, even though "kale is the superfood du jour, spinach is actually a more concentrated source of nutrients," says Sharon Palmer, R.D., author of *Plant-Powered for Life.* Kale contains 10 percent of your daily needs for seven different nutrients, whereas spinach packs 10 percent of your daily requirement for an impressive 18 vitamins and minerals—including energy-boosting iron, bone-boosting calcium and folate, a key vitamin for women of childbearing age. Plus, with 5 grams of protein in spinach versus 2 in kale, you'll feel fuller longer.

Taking a WEEKLONG VACATION or A FEW DAYS HERE AND THERE?

BOOK A LONGER GETAWAY. To truly unwind and reap the benefits of a vacation, aim for a seven-day trip if you can, says Susan Krauss Whitbourne, Ph.D., professor of psychology at the University of Massachusetts in Amherst. Even though you get away to relax, the process of leaving town—from packing to flying—tends to be stressful. Once you arrive at a destination, she says, "it can take a couple of days to adjust to a new routine." To make the most of your time away, limit technology as much as possible, which will make it easier to chill out and enjoy the moment. Sure, you may face a mountain of email when you get back, but allowing yourself to unplug on a longer trip ensures you'll return more focused and productive than before you left.

WHICH IS WORSE...

Ironman Run x20, $100; Timex.com

ARRIVING to an exercise class LATE or LEAVING EARLY?

CUT OUT BEFORE THE END. These aren't movie previews—you need to catch the intro. "People don't realize how important the beginning of class is," says Tonya Dugger, group fitness manager at Equinox in Chicago. "That's when the instructors introduce themselves, help you get set up and scan for injuries." If you don't warm up, you're more likely to get hurt. Arriving late may also make you the class killjoy. "Everyone is getting into the zone, and it's a huge disturbance," Dugger says. Leaving early is a better option, since your fellow exercisers have already had ample sweat time and may be fatiguing or checking out (read: They'll hardly notice). Still, give the instructor a heads-up at the beginning of class, and choose a spot toward the back of the room so you can make an easy exit.

CLOCKWISE FROM TOP LEFT: ZACH DESART; FOOD STYLING, CHRIS LANIER. COURTESY OF TIMEX. ACP/TRUNK ARCHIVE.

We want to hear from you! Tweet **@SELFmagazine** with your #WhichIsBetter question.

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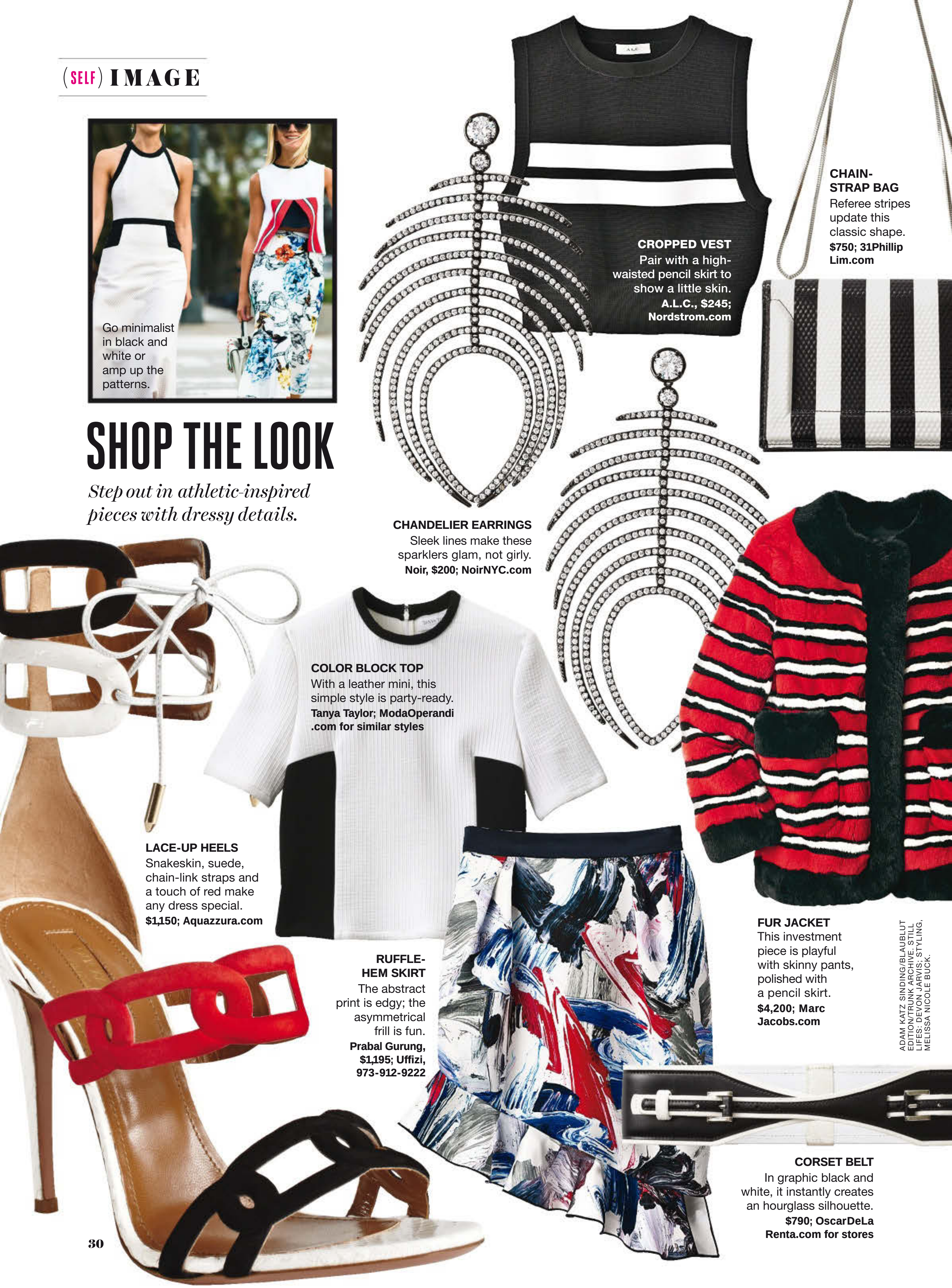
SANDRA SEMBURG

PARTY MIX

→ *There's more to holiday style than an LBD—try something sporty-glam.*

BY ALEXANDRA ENGLER

The newest trend in dressing up feels as effortless as slipping into your Lululemons—well, almost. This athletic-inspired look is definitely just as flattering, with bold stripes, cool color blocking and high-tech fabrics in shapes that will take you anywhere with ease. The key to making your mix work: Stick to a mostly neutral palette and limit yourself to one sport-influenced piece at a time. Then add strappy heels, chandelier earrings or both for a going-out ensemble that will win plenty of fans.



Go minimalist in black and white or amp up the patterns.

SHOP THE LOOK

Step out in athletic-inspired pieces with dressy details.

CROPPED VEST
Pair with a high-waisted pencil skirt to show a little skin.
A.L.C., $245; Nordstrom.com

CHAIN-STRAP BAG
Referee stripes update this classic shape.
$750; 31Phillip Lim.com

CHANDELIER EARRINGS
Sleek lines make these sparklers glam, not girly.
Noir, $200; NoirNYC.com

COLOR BLOCK TOP
With a leather mini, this simple style is party-ready.
Tanya Taylor; ModaOperandi.com for similar styles

LACE-UP HEELS
Snakeskin, suede, chain-link straps and a touch of red make any dress special.
$1,150; Aquazzura.com

RUFFLE-HEM SKIRT
The abstract print is edgy; the asymmetrical frill is fun.
Prabal Gurung, $1,195; Uffizi, 973-912-9222

FUR JACKET
This investment piece is playful with skinny pants, polished with a pencil skirt.
$4,200; Marc Jacobs.com

CORSET BELT
In graphic black and white, it instantly creates an hourglass silhouette.
$790; OscarDeLa Renta.com for stores

ADAM KATZ SINDING/BLAUBLUT EDITION/TRUNK ARCHIVE. STILL LIFES: DEVON JARVIS; STYLING, MELISSA NICOLE BUCK.

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UP & OUT

Christina Tosi, chef and owner of NYC bakery Milk Bar, tells us what gets her going in the morning.

BY SARA GAYNES LEVY

OLD BREW
TEA
en tea · cinnam
spice
permint · earl gr
ian spice · Lipton
VS
IE PALMER
ICAN COKE
GER
Cake
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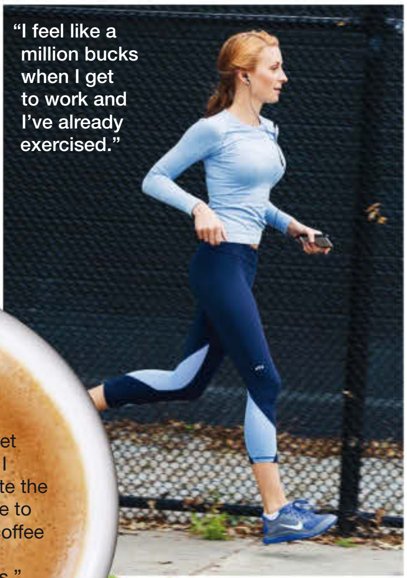
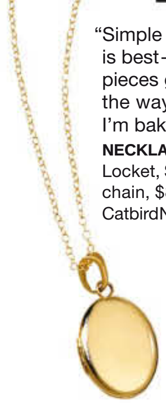


"I feel like a million bucks when I get to work and I've already exercised."

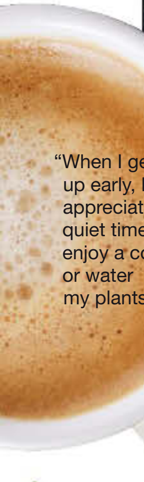
"Sometimes my breakfast is tasting one of our new recipes, like cranberry-gingerbread cake." **DESSERT** $44; MilkBarStore.com



"Simple jewelry is best—bigger pieces get in the way when I'm baking." **NECKLACE** Locket, $168, and chain, $88, Catbird; CatbirdNYC.com

"A bright lipstick is a quick way to glam up my look." **LIPSTICK** Lancôme Rouge in Love in Madame Tulipe, $29; Lancome-USA.com

"I pair my winter coat with a vintage scarf to look stylish fast." **COAT** $2,500; AcneStudios.com



"When I get up early, I appreciate the quiet time to enjoy a coffee or water my plants."

"I used to be a night owl," Tosi says. But in 2008, the pastry chef opened Milk Bar bakery and had to switch up her schedule to meet the demands of her early-rising clientele. Now, Tosi wakes up around 7 A.M., spends a few minutes with her two dogs, Thurgood and Bernadette, then heads out for a run. "I try not to run with a clock or for a given distance," she says. "I'd rather listen to my body." After getting ready (her whole routine, from shower to lipstick, takes just 15 minutes), she heads to the bakery, where she often samples her own wares for breakfast. "I wasn't always a morning person," she says. "But by carving out time to do the things that I love, I've become one."

"Booties help me feel pulled together for an A.M. meeting." **BOOTIE** $395; LoefflerRandall.com

"My dog Bernadette sleeps later than I do! Sometimes I have to wake *her* up."

4 things that get her up and out

1/ **PUTTING ON RUNNING GEAR FIRST THING** "If I don't do it right away, I'll get distracted with mail and shortchange myself on a great workout."

2/ **CREATING THE PERFECT PLAYLIST** "I'll choose a mix that starts slow and builds in tempo as I run. I like the Rolling Stones, Alabama Shakes and Tame Impala."

3/ **STICKING TO MINIMAL MAKEUP** "I keep it light—just mascara and blush—and I don't wear perfume. The kitchen smells amazing; there's no need."

4/ **HAVING A GO-TO OUTFIT** "The secret to a stress-free morning is knowing what you're going to wear—for me, it's usually jeans, boots, a sweater and a scarf."

CLOCKWISE FROM TOP LEFT: VICTORIA WILL; STYLING, MEGAN AHERN; HAIR, ELOISE CHEUNG; MAKEUP, ALLISON BROOKE FOR NARS COSMETICS; MANICURE, RACHEL SHIM FOR MINERAL FUSION; WINNIE AU. FASHION STILLS FROM LEFT: STUART TYSON; COURTESY OF ACNE. CATHY CRAWFORD. COURTESY OF SUBJECT. GETTY IMAGES (2).

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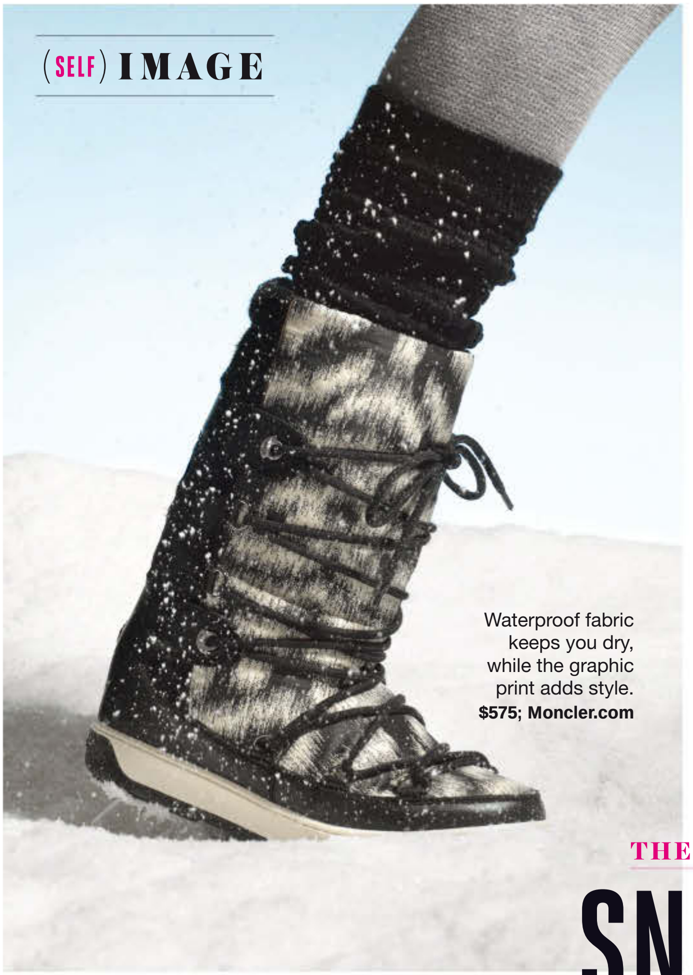
*System of Shampoo, Butter & Split End Bandage Treatment in a brushing test measuring breakage vs. untreated hair.

THE FIND

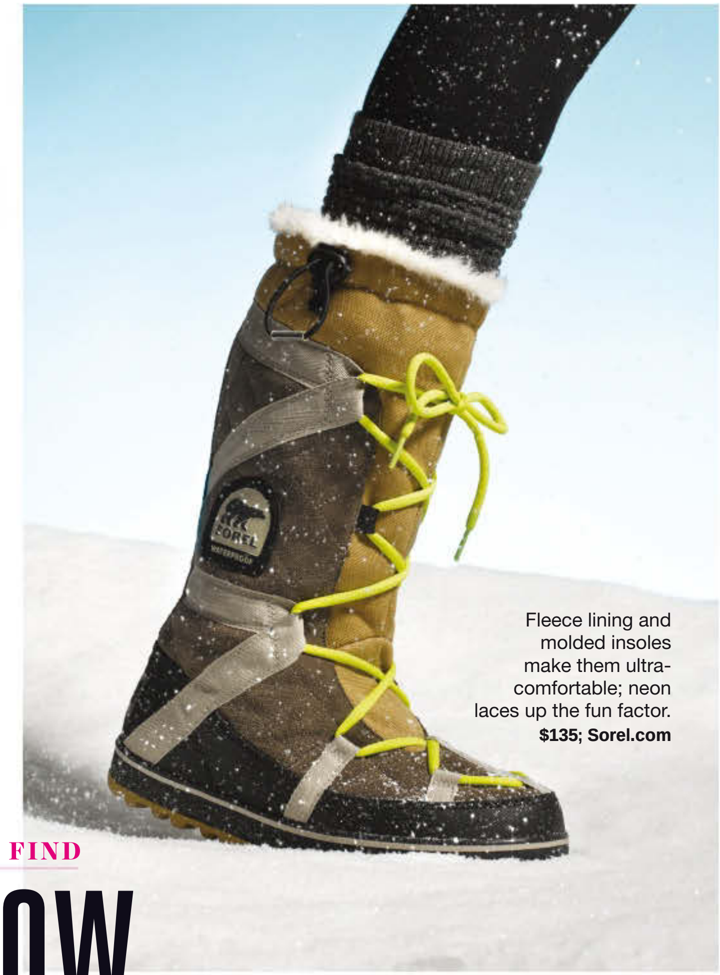
SNOW BOOTS

→ *Sporty-chic or city-sleek, these boots will help you stay warm and dry—no matter the forecast.*

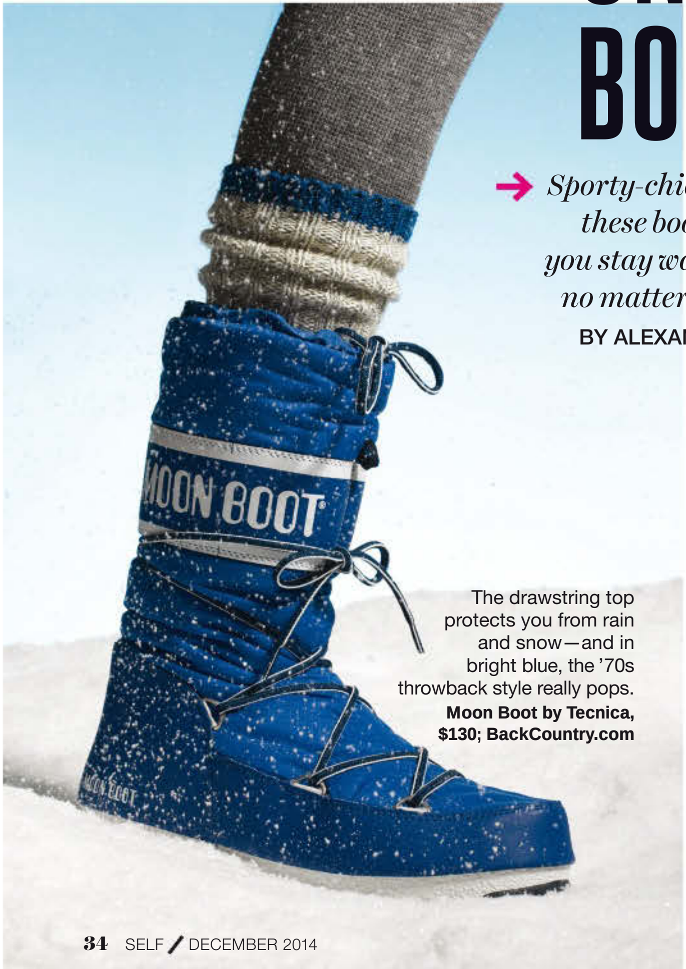
BY ALEXANDRA ENGLER



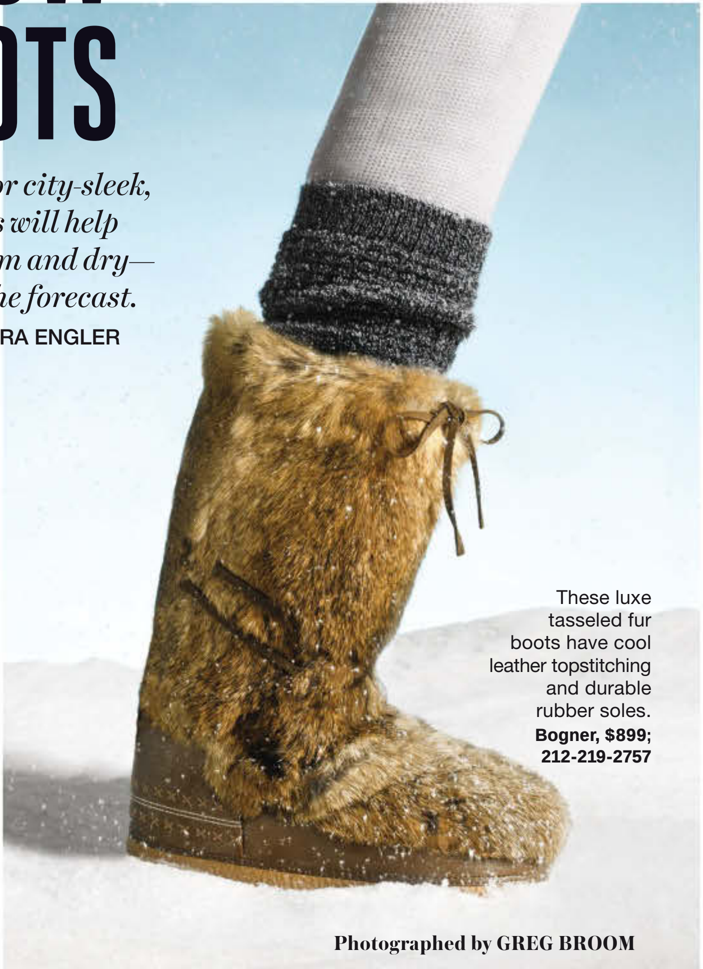
Waterproof fabric keeps you dry, while the graphic print adds style. **$575; Moncler.com**



Fleece lining and molded insoles make them ultra-comfortable; neon laces up the fun factor. **$135; Sorel.com**



The drawstring top protects you from rain and snow—and in bright blue, the '70s throwback style really pops. **Moon Boot by Tecnica, $130; BackCountry.com**



These luxe tasseled fur boots have cool leather topstitching and durable rubber soles. **Bogner, $899; 212-219-2757**

Photographed by GREG BROOM

STYLING, DANIA ORTIZ; PROP STYLING, CHARLIE WELCH.

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FRESH FACED

→ *Our five-step postparty beauty routine will help you wake up gorgeous.*

BY KATHERYN ERICKSON

There are many reasons to love holiday parties—the sweets, the cocktails, the late-night revelry—but their aftereffects on your skin leave a lot to be desired. Lack of sleep and dehydration "can make skin look dull and lifeless," says Joanna Vargas, a celebrity facialist in New York City. Fortunately, taking a moment to do a little damage control before bed can make all the difference. Follow our plan and wake up looking as party-ready as you did the night before.

FACE > 38

Photographed by **PAUL MAFFI**

STYLING, LINDSEY FRUGIER; HAIR, SHIN ARIMA FOR REDKEN; MAKEUP, ASAMI TAGUCHI FOR CHANEL; MANICURE, ERI HANDA FOR DIOR VERNIS.

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YOUR GAME PLAN

STEP 1

Wash it all off. No-rinse cleansing waters are the quickest way to remove party makeup. "If you leave it on, your skin is not going to be able to repair itself while you sleep," Vargas says. Bioderma Créaline H_2O cleanser—a favorite of French women and makeup artists—and Orlane Oligo Vitamin Vitality Radiance Micellar Water ($45) both gently get the job done.

Bioderma Créaline H_2O cleanser, $28

Mila Moursi Cryo Serum Ice Cube Infusion, $155; Ren Flash Rinse 1 Minute Facial, $48

SK-II Cellumination Aurabright, $160

Estée Lauder Revitalizing Supreme Eye Balm, $60

Edward Bess Precious Pearl Perfector and Illuminator, $69

STEP 2

Try a quick treatment. Masks and serums can deliver serious results in almost no time at all. Ren Flash Rinse 1 Minute Facial exfoliates with water-activated vitamin C, boosting radiance and evening skin tone. Or try Mila Moursi's frozen serum packets—just rub one across your face to instantly reduce puffiness while hydrating skin with oat extract and amino acids.

STEP 3

Layer on a leave-on. Choose a product geared toward your specific skin concern. SK-II's serum combats dark spots and a dull complexion. If your face is dry, try Perricone MD Hyalo Plasma ($135), which uses pharmaceutical-grade hyaluronic acid to trap in moisture. Darphin Organic Chamomile Aromatic Care ($70) contains essential oils of chamomile and lavender, both powerful anti-inflammatories, to soothe irritation.

STEP 4

Don't forget the eyes. Skipping eye cream may not be quite as bad as not washing your face, but you still don't want to do it. "The skin around your eyes is the most sensitive on your body. If you neglect it, you're not going to be happy with the way your eyes look," Vargas says. Estée Lauder's rich eye balm plumps the skin to minimize lines, while Nuxe Merveillance Expert Yeux ($44) nixes puffiness with caffeine.

STEP 5

Get glowing in the A.M. If your complexion still needs a little more life come morning, apply an illuminating primer before makeup. Edward Bess's formula absorbs into skin with a clean finish and contains crushed pearls for a lit-from-within glow. Dolce & Gabbana The Primer Sheer Radiance Make Up Base ($64) has a similar effect—using light-reflecting particles—and contains SPF 30, too.

Q A

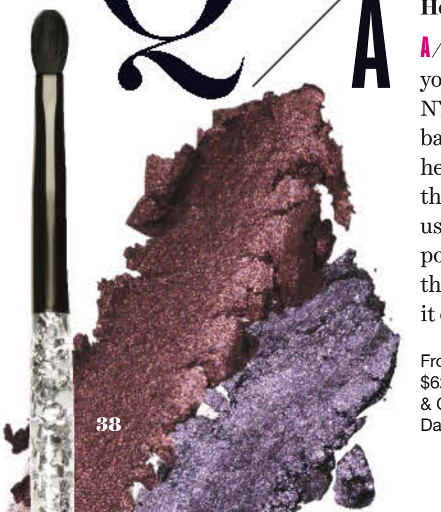
SELF beauty director Elaine D'Farley has the answers.

How do I create a perfect smoky eye?

A/ Sexy, smoky eyes are easier to master than you may think. Troy Surratt, a makeup artist in NYC, starts by prepping eyelids with a shadow base or concealer. Next, using a creamy pencil, he lines the upper and lower lash lines from the outer corners to below the pupils. Last, he uses a small brush to blend the liner with a powder shadow in the same color family. Keep the color dense around the lash line and diffuse it outward to create a smudgy, modern look.

What are the benefits of dry brushing?

A/ Dry brushing exfoliates skin and can temporarily soften the appearance of cellulite by boosting circulation. "It also works to improve lymphatic flow," says Ariel Ostad, M.D., an NYC dermatologic surgeon. A good rule of thumb: Brush toward your heart, beginning at the soles of your feet and ending with your scalp (avoid chest and face), for maximum lymphatic benefits. And be sure to brush pre-shower, so you can rinse off any dry, dead skin cells.



From left: Smashbox On The Rocks shadow brush, $62 (includes 4 additional brushes, not shown); Dolce & Gabbana Perfect Mono Intense Cream Eye Color in Dahlia, $36; Nars Canberra Hardwired Eyeshadow, $25

Got a question for Elaine? Tweet **@elainedfarley** with #BtyQ.

STILL LIFES: STUART TYSON

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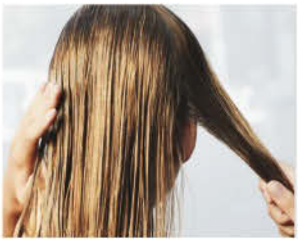
A SLEEK UPDO

Give your holiday hairstyle a fresh update with this modern take on the classic French twist.

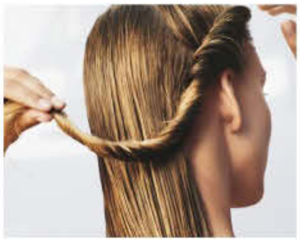
BY KATHERYN ERICKSON

GET MORE! See more hairstyle how-tos at **Self.com/go/hairstylist.**



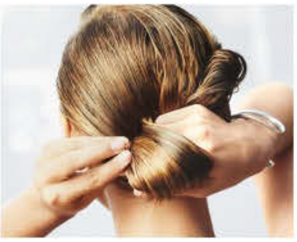
1 /

PREP IT Work a dollop of volumizing mousse (like L'Oréal Paris Boost It Mousse, $5) through damp hair. Next, create a deep side part and section off a portion of hair from your part to above the opposite ear.



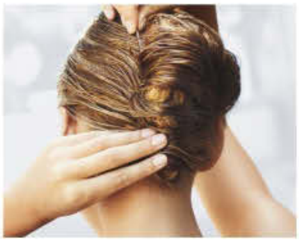
2 /

TWIST IT Using the sectioned hair, create a small roll against the side of your head, keeping volume near the hairline. Twist the section all the way to the ends. Pin the roll in place against your head.



3 /

ROLL IT Comb out any knots, then take the rest of your hair and roll it tightly up and around fingers (keeping your right hand angled diagonally). Tuck the ends into this large roll so they're hidden.



4 /

SECURE IT Hold the large roll with both hands and turn it toward your head, combining it with the first twist. Pin into place. Mist with a hairspray (try Moroccanoil Luminous Hairspray Strong, $22).

STYLING, LINDSEY FRUGIER; HAIR, SHIN ARIMA FOR REDKEN; MAKEUP, ASAMI TAGUCHI FOR CHANEL; MANICURE, ERI HANDA FOR DIOR VERNIS. SEE GET-IT GUIDE.

Photographed by PAUL MAFFI

9

11

OUT-OF-THE-BOX IDEA

GIVE THE GIFT OF GOOD FOOD. SET UP A MONTHLY DELIVERY OF ORGANIC, IN-SEASON PRODUCE (PLUS RECIPES) FROM FARMBOX DIRECT.

From $37; FarmBoxDirect.com

12

13

10

DOLCE & GABBANA

9 / Surprise—it's a humidifier! (A modern tabletop version that covers up to 450 square feet.) **Objecto, $170; Bloomingdales.com** **10** / Hit a cozy-chic note with this shagreen cone matchstriker and gold candle. **Matchstriker, $275; Aerin.com; candle, Dolce & Gabbana, $95; SaksFifthAvenue.com** **12** / Dress up a coworker's desk with colorful notebooks featuring woodcut prints by artist Bryan Nash Gill. **Princeton Architectural Press, $17 each; Papress.com** **13** / Handcrafted in Paris, this graphic cup doubles as a pencil holder. **Astier de Villatte, $122; John Derian Company, 212-677-3917** **14** / Photographer Karen Mordechai's debut cookbook, *Sunday Suppers,* brims with gorgeous food inspo—perfect for your next dinner party. **$33; Amazon.com**

14

•THERE•S A DISCIPLINE THAT YOU HAVE TO HAVE AS A MODEL, JUST LIKE AN ATHLETE. IT•S OUR JOB TO TAKE CARE OF OUR BODIESŽ

IN THE MIX

A borrowed-from-the-boys letterman•s sweater and polo give a ladylike dress a laid-back twist.

CARDIGAN Stella McCartney, $4,325 DRESS Adeam, $875 SHIRT Acne Studios, $460 EARRINGS Vicki Sarge, $540 BELT David Samuel Menkes Custom Leatherwear, $125

IMAGINE...

Your perfect holiday party. Your guests mingle as they sip artisanal cocktails, sample hors d•oeuvres and admire your festive but understated color scheme. You work the room, trading stories with an old friend one minute, jumping in for a group photo the next, basking in an avalanche of hostess compliments until you•re handing out mini-bags of peppermint bark at the end of the night. Sound like a fantasy? It isn•t. Crazed as this time of year may be, you can still pull off an unforgettable, high-impact holiday bash. The key is to focus your energy on one or two main areas, then rely on time-saving tricks everywhere else. For example, whipping up a couple of homemade treats the morning of the party is time well spent„our delectable recipes come courtesy of New York City…based private chef Adam Chilenski. But then, why not fill out the buffet with easy no-cook options, such as locally sourced cheese, charcuterie and baguette slices? When it comes to drinks, we•ve enlisted Kat Dunn, a renowned mixologist in Hudson, New York, to create signature cocktails„and give advice on what to stock if you•re having friends pour their own. For decorating, try a modern metallic palette or work in natural accents like pinecones„or download and print our predesigned coasters and menu cards (seen at right) at Self.com/go/toppers. Think of it as a new way to go high-low: high impact, low stress. All fun.

Prep your TABLE

A little effort goes a long way when it comes to assembling a stellar buffet. Here, our suggestions for what to serve.

THE HIGH-IMPACT MOVE A small but carefully curated array of homemade appetizers„some savory, some sweet, some healthy, some decadent„means there•s a delicious choice for everyone. We went with two healthy options, chicken salad on endive spears and vegan truffles, plus two classic crowd-pleasers, golden cheese puffs and buttery linzer cookies.

THE TIME-SAVING TRICK Round out your table with salted nuts, olives, raw veggies, hummus and other quick bites. •Ready-to-serve options can take the pressure off of getting your hors d•oeuvres out of the kitchen and to your guests,Ž Chilenski says.